

NON-RESIDENTIAL ANNUAL RETREAT
in person and online

28 - 29 August 2021

Nourishment in the city

Sustenance and practice

jesshuon.com/nourishment

Jess Huon

ANCIENT ROOTS | MODERN VOICE



MELBOURNE
INSIGHT
MEDITATION

‘Practising right where we are.’ – Jess Huon

Through meditation, and practicing amongst others, it's possible to find the inner soup kitchen where all are welcome to the table.

Sometimes we think we need to head out of the city to re-fresh, or be nourished. Let's practice doing it together, right where we are, in the city, (or in your home if you join us online). Settling into our bodies and refining our quality of attention, we'll allow for a pause in patterns of stress and the ways we might be holding it 'tightly together.'

Together we will look at methods to relate with, and plumb under, the sometimes worked up mind. We will return to foundational teachings, looking at the key ingredients, that help us cook up a good soup of regenerative practice.

This two-day urban retreat is open to one and all, beginners and experienced practitioners alike. All are welcome.

Date: 28 & 29 August 2021

Sat 9.30am - 8pm & Sun 9.30am - 5pm

Location: Abbotsford Convent

Cost: \$165 in person / \$115 online
+ Dāna* for Jess's teachings

Bookings: www.jesshuon.com/nourishment

Enquiries: insightretreats@hotmail.com

About Jess Huon | Jess is an authorised Dharma teacher. She has trained in Buddhist monastic settings, inter-faith contexts and in extended periods of solitary forest practice. Her lineage crosses the Insight Tradition and Open Dharma and has been empowered by the feminine Tantric Tradition. This training has taken place in India, Australia, Spain and the USA. She holds a Bachelor of Creative Arts (VCA), and a postgraduate degree in Therapeutic Arts Practice (RMIT). A natural orator, her talks have been described as "street language for the soul."

The retreat will include:

- Meditation instruction
- Sitting, walking and lying down meditation
- Discussion and questions
- Dharma talk
- Guided relaxation practice

What you might need:

- Meditation cushion / stool / chair
- Shawl / blanket
- Your lunch and water